

## FRUIT

- Tomatoes
- Grapes
- Avocados
- Plums
- Grapes
- Cherries
- Strawberries
- Bananas
- Persimmons
- Nectarines
- Dates (pitted)
- Eggplant
- Melons
- Apples
- Oranges
- Cucumber

## MEAT & DAIRY SUBSTITUTES

- Tofu, Firm
- Organic Tempeh
- Just Egg
- MiYoko's cheese
- Aged Nut Cheese
- Beyond Meat

## VEGETABLES

- Asparagus
- Fennel
- Kale
- Arugula
- Spinach
- Swiss Chard
- Bok choy
- White onions, red, brown
- Cilantro
- Basil
- Mint
- Broccoli
- Radishes
- Sweet potatoes
- Yams
- New potatoes
- Carrots
- Corn
- Peas
- Portobello Mushrooms
- Bell Peppers )
- Squash
- Brussels Sprouts
- Green beans
- Zucchini
- Sprouts

## DRINKS

- Water
- Almond Milk
- Oat Milk
- Soy Milk
- Herbal Teas
- Coconut Water
- Hemp Milk

## GRAINS

- Granola
- Oatmeal
- Spelt
- Brown rice
- Quinoa

## BEANS

- Lentils
- Pinto
- Black beans
- Butter beans
- Christmas Lima Beans

## SWEETENERS

- Raw Agave
- Stevia
- Dates
- Bananas

## EXTRAS

- Almond butter
- Salsa
- Low-Sodium vegetable broth
- Balsamic Vinegar
- Olive Oil
- Organic Tamari Sauce
- Garlic
- Ginger
- Cinnamon
- Flax Seed
- Ground Pepper
- Hummus
- Gluten-Free pizza crust
- Canned tomatoes
- Sprouts
- Edamame
- Nuts: almonds, pumpkin seeds, sesame seeds, walnuts, cashews
- Non-dairy ice cream